



## Supporting the anxiety (intervention)

Supporting approach	Making it successful	Resources
<p style="text-align: center;"><b>‘Aberlour Primary Years Outreach Service’</b></p> <p>This is one of the Community Mental Health and Wellbeing Services.</p> <p>Falkirk Council and Aberlour are working in partnership to provide The Primary Years Outreach Service. This service provides early and preventative mental health &amp; wellbeing support to young people aged 5-12 years and their families.</p> <p>The Primary Years Outreach Service provides a free phone support line and an outreach service which focuses on supporting children experiencing emotional distress. Telephone calls and outreach delivery can be planned between 8am and 7pm to allow families to receive support in the early mornings and evenings. Overall, this service provides a range of support including:</p> <ul style="list-style-type: none"> <li>• 1:1 counselling with parents and children</li> <li>• Seasons for Growth</li> <li>• Flexible Mental Wellbeing and Child Development Programmes, personalised to family needs</li> <li>• Matching volunteer befrienders with a child or family</li> <li>• Strategies for managing feelings of stress and anxiety, and building confidence and self-esteem</li> </ul> <p>This Service is recommended where the young person is showing a heightened level of emotional distress and therefore this Service may be signposted rather than the Barnardo’s Positive Mental Health and Wellbeing Service.</p> <p>Referrals are accepted from both families and local agencies. To make a referral, please complete the contact form attached and email it to <a href="mailto:falkirkservices@aberlour.org.uk">falkirkservices@aberlour.org.uk</a>. Aberlour can also be contacted by phoning 0800 015 5511.</p>	<p>Familiarise yourself with the other Community Mental Health and Wellbeing Services available and assist discussion about the right support at the right time for young people.</p> <p>Familiarise yourself with information on the Service to explain it to children/young people and their parents/ carers.</p> <p>Have information, such as the leaflet and poster available to inform children/young people and their parents/carers.</p>	<p>Information leaflet/ request for assistance details</p> <p>Keep up to date about Community Mental Health and Wellbeing Services  <a href="http://falkirkcommunitymentalhealthandwellbeing.org.uk">Falkirk Community Mental Health and Wellbeing (glowscotland.org.uk)</a></p>